

United States Coast Guard Ethos

COMMANDANT'S GUIDING PRINCIPLES:

- Steady the Service
- Honor our Profession
- Strengthen our Partnerships, and
- Respect our Shipmates



SENE Plan of the Week

FLAG VOICE 397: Addictive Behaviors and CGSUPRT assistance: <http://www.uscg.mil/hr/flagvoice/>

Suicide Prevention Links:

Note: The following is an external link and you will be leaving the Coast Guard website:
(web viewers, please copy and paste the link below): [CG SUPRT](#)

<https://www.achievesolutions.net/achievesolutions/en/cgsuprt/Home.do>

(You can contact a consultant at: 855-CG SUPRT (247-8778))

Work Life Programs – Suicide Prevention Program

The CG SUPRT Education and Career Center offers CG military or civilian spouses or dependents the opportunity to explore their career path by working with an Education and Career Counselor. Please [CLICK HERE](#) for additional information.

- **Upcoming Training Info:**

- [Employee Summary Sheet](#)

- <<CLICK>> "Skills" tab at the top left of the page.
 - <<CLICK>> "Summary Sheet" located under "My Skills"

October Mandated Training (MT) [2014 Sector SENE Training Schedule](#) POC: ENS Karl Harris

NOVEMBER	DHS UNIFORMED SERVICES EMPLOYMENT RIGHTS ACT	ANNUAL (SUPERVISORS OF CIVILIANS)	MT-"B"
NOVEMBER	HAZARD COMMUNICATIONS	ANNUAL (BY POSITION) ⁴	MT-"B"


HEALTH AND WELLNESS

Presidential Fitness Challenge

Sign up today! To create a free account, visit <http://www.presidentschallenge.org/>
You choose which challenge you want to participate in, and look up our group in the My Challenge application using the group number below:

Group Number: 944998

Group Name: SENE WPQ

- **Woods Hole Campus** –
 - **Tuesdays:** Tuesday of each month the unit will participate in group exercise at the JBCC Gym 0715-0800
- **East Providence Campus** –
Healthtrax Gym Wednesdays 1500 – 1600
-  **Important Medical Information from HSC Ramirez:**
 - Tobacco Cessation Helpful Hints Flier [CLICK HERE](#)
 - Tri-care Dental Plan for Dependents switched to [Met Life](#)
 - Refer to [TDP Health Matters Newsletter](#) for information
 - ER Visits - Following any ER Visit you Must Notify HSC Ramirez, and Kaehler Clinic
 - First Line Supervisor Notifications - Please keep your supervisor informed on Status. Please do not come to work sick to avoid spreading of germs.
 - HSC Ramirez contact number: 774-437-1023

[CG Prevention Program Newsletter 2013](#)

Sector SENE Area Morale Welfare and Recreation

Link - Centralized listing of Morale happenings in D1: (web viewers, please copy and paste the link below_

<https://cgportal2.uscg.mil/units/baseboston/psd/Lists/Morale%20Activities/AllItems.aspx>

MMR Otis Roxy Movie Theater Schedule:

Note: The following is an external link and you will be leaving the Coast Guard website
(web viewers, please copy and paste the link below):

http://www.mwrcapecod.com/forms/roxy_theater_schedule1.pdf

- **Sector SENE Events Photo gallery:**
 - [Z:\Public_Shares\Administration\Pictures](#)(Note: Link works only on PDF file and for users with access to the public folders).
- **Uniforms:**
 - **ODU Sleeves Down: 1 NOV 2014**

- **Reminder: For Quarters** Jackets are authorized at your discretion
 - (Foul Weather Parka, and (ODU) Utility Jacket)
- [**ALCGPSC 048/13 UNIFORM GUIDANCE AND RESULTS OF UNIFORM BOARD**](#)


EER INFO - DUE DATES:

PAY GRADE

END OF MARKING PERIOD :

E-4	March (all) & September (AD only)
E-5	April (all) & October (AD only)
E-6	May (all) & November (AD only)
E-7	September (all)
E-8	November (all)
E-9	June (all)

Leadership and Diversity Initiatives:

- **(LDAC) Leadership Diversity Advisory Council Links:**
 - [The USCG Office of Diversity \(CG-12B\)](#)
 - [The Leadership & Professional Development \(CG-133\)](#)
 - [The Diversity Reading List](#)
 - [Commandant's Reading List](#)
 - [Leader of Leaders Reading List](#)
 - [Master Chief Petty Officer of the Coast Guard's Reading List](#)
 - [Leadership Section Reading list](#)
 - [28 Leadership Competencies \(with descriptions\)](#)
 - [Part 1: RADM Neptun, Commander CGD ONE, Discusses the War of 1812](#)
 - [Part 2: Master of the Revenue Cutter Commodore Barry](#)
 - [Part 3: Sisters of Scituate Light](#)
 - [Part 4: The Revenue Cutter Vigilant](#)
 - [Part 5: CAPT Frederick Lee](#)
- **Good Order and Discipline:**
 - [USCG WIDE FY12 - GOOD ORDER AND DISCIPLINE](#)
 - [Quarterly - Sector SENE Good Order and Discipline](#)
 -
-  **Education:**
 - [Lighthouse U Aug 2014](#)
 - [Lighthouse U Oct 2014](#)
 - [Lighthouse U Nov 2014](#)

- Chaplains Corner:
 - Reflections Newsletter
 - Food Pantry Assistance Information
 - Otis Civilian Advisory Council presents Chaplain Bowden with over \$10,000 in food cards to assist military families.

- Galley Information:
 - Galley Hours:
 - Menu (if link does not work please copy and paste this URL:
www.uscg.mil/d1/sectSENE/POW/docs/Galley_Menu.pdf)
 - Galley Feed Back Form: Have a meal you really enjoyed or one you did not care for?
 - Useful Messages, and Information:
USCG Internet Releasable General Messages
D1 Instructions